

Chicken Enchilada Casserole



Week 5
Tuesday
Lunch

Ingredients	12 Servings	24 Servings	Directions
Cream of mushroom soup, Canned, Condensed, undiluted Cream of chicken soup, Canned, Condensed, undiluted Milk, 1% Low-fat Garlic powder Onion powder Pepper Green chilies, canned, diced Chicken, diced, cooked Low-fat tortilla chips, plain Shredded cheddar cheese, low-fat	1- 10 oz can 1- 10 oz can ¼ tsp 1 tsp ¼ tsp 4 oz 3 cup 8 oz 2 cup	2- 10 oz cans 2- 10 oz cans ½ tsp 2 tsp ½ tsp 8 oz 1 qt+2 cup 1 lb 4 cups	1. Preheat oven to 350 degrees 2. In a large bowl, combine both soups and milk. Mix. 3. Add garlic powder, onion powder, pepper and chilies. Mix well. 4. Fold in diced chicken. Set aside. 5. Spray 9" x 13" baking pan with non-stick vegetable spray. 6. Lightly crush tortilla chips in bottom of pan. 7. Spread ½ of the chicken mixture over the chips. 8. Layer ½ of the cheese over the chicken mixture. 9. Repeat a second layer of chips, chicken mixture and cheese. 10. Bake for 30 minutes. 11. Let stand for 5 minutes before serving.
Portion size for 3-5 year old: 2/3 cup Each serving provides: 1 ½ oz meat/meat alternate, ½ serving bread			

Nutrition Tip: Using low-fat chips, cheese, and soup will help limit the amount of saturated fat.

Physical Activity: Go to your local YMCA or recreation center for swimming and other fun activities they offer.

Recipe Source: What's Cookin' II, Nebraska Dept. of Education Nutrition Services

Chicken Pita Sandwich



Week 5
Thursday
Lunch

Ingredients	8 Servings	16 Servings	Directions
Chicken breast (no skin), roasted, chopped/diced	12 oz. (or 2 ½ cup)	24 oz. (or 5 cup)	1. In a mixing bowl, combine chicken, mozzarella cheese, onion powder, ranch dressing, salt and garlic powder. Mix well.
Mozzarella cheese, low-fat, shredded	½ cup	1 cup	2. Cut each pita bread round in half.
Onion powder	1 tsp	2 tsp	3. Put 1/8 of the mixture into each pita half.
Fat-free ranch dressing	½ cup	1 cup	
Salt, table	½ tsp	1 tsp	
Garlic powder	1/8 tsp	¼ tsp	
Pita bread rounds, made w/ whole wheat or enriched flour (can also use a whole wheat tortilla)	4 (6 inch)	8 (6 inch)	*Variation: finely chopped cooked turkey, ham or beef may be substituted for chicken.

Portion size for 3-5 year old: ½ pita sandwich

Each serving provides: 1 ½ oz meat/meat alternative, ½ slice bread/bread alternate

Nutrition Tip: Use a whole wheat pita bread or whole wheat tortilla shell for added fiber and better nutrition.

Physical Activity: Ask children to imitate the action of their favorite animals or others (tree swaying in wind, cat arching its back, kangaroo jumping, train chugging along, or spider climbing)

Recipe Source: What's Cookin' II, Nebraska Dept. of Education Nutrition Services

Chili Corn Chip Bake



Ingredients	8 Servings	16 Servings	Directions
Ground Beef (lean)	1 lb	2 lb	Brown ground beef and onion, drain. Add beans, tomato sauce, garlic and chili powder, and salt. Simmer over medium heat 5 minutes. Stir in cheese Spread 1 cup crushed corn chips in greased 8" x 8" pan. Pour meat mixture on top Top with remaining chips. Cover with foil. Bake at 350 degrees for 30 minutes.
Chopped onion, fresh	¼ cup	½ cup	
Canned pinto beans	2 cups	1 qt	
Canned tomato sauce	8 oz	1 lb	
Garlic powder	½ tsp	1 tsp	
Salt	½ tsp	1 tsp	
Chili powder	1 Tbsp	2 Tbsp	
Grated cheddar cheese	4 oz	8 oz	
Corn chips	3 oz (or 2 cups)	6 oz (or 4 cups)	

Portion size for 3-5 year old: 1/8 of recipe

Each serving provides: 1.5 oz meat/meat alternate, 1/2 slice bread alternate, ¼ cup vegetable

Beans are a good source of protein and an excellent source of fiber.

Physical Activity: Increase child's ability to jump and land safely by grasping his/her hand while jumping from boxes, steps, etc.

Practice landing on both feet and bending knees.

Recipe Source: Young Parents Education Center, Great Falls

Cool Creamy Vegetable Dip



Week 5
Friday
Snack

Ingredients	2 Cups	1 Quart	Directions
Low fat plain yogurt	½ cup	1 cup	Combine cottage cheese, milk, and your seasoning in a blender or beat until smooth in a bowl. Serve with a tray of vegetables.
Reduced calorie salad dressing OR Low Fat mayonnaise	1 ¼ cups	2 ½ cups	
Instant nonfat dry milk, reconstituted	¼ cup	½ cup	
Parsley, dried	1 Tbsp	2 Tbsp	
Granulated garlic	3/8 tsp	¾ tsp	
Onion powder	3/8 tsp	¾ tsp	
Salt	¾ tsp	1 ½ tsp	
Ground black or white pepper	¼ tsp	½ tsp	
	Yields 8 2 oz servings.	Yields 16 2 oz servings.	
Portion size for 3-5 year old: 2 oz or 1/8 cup			

Nutrition tip: This low fat dip is tasty with vegetables and whole wheat crackers. This is a *healthier* alternative to store-bought Ranch dressing as it is much lower in fat and salt.

Physical Activity: Play Ring around the Rosy.

Recipe Source: USDA E-13

Corn Flake Baked Chicken Breasts



Week 1
Wednesday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Skinless, boneless chicken breasts Crushed corn flake crumbs Skim milk Melted margarine	1 lb+ 4 oz (raw weight) 1 1/3 cup 1/3 cup 1Tbsp+1tsp	3 lb+ 2 ozs (raw weight) 3 1/3 cup ¾ cup+ 1Tbsp 3Tbsp + 1 tsp	Trim all of the fat from the Breasts. Cut each breast into 3-4 strips. Soak in skim milk. Dredge in Corn Flake crumbs on both sides. Place on oiled pan. Drizzle margarine over pieces. Bake at 400-degrees for one hour.
Portion size for 3-5 year old: 1.5 oz of chicken (approximately 1/2 the size of a deck of cards) Each serving provides: 1.5 oz meat			

Nutrition Tip: Iron in the chicken and the corn flakes helps to prevent diseases by building a healthy immune system.
 Physical Activity: Play "Freeze Tag". A child can only be "IT" for 3 minutes. Pick a new person to be it if it is taking longer than this. To un-freeze someone they must crawl in-between the others legs. The person who is it must tag everyone.

Recipe Source: Connie Nelson

Cottage Cheese Dip



Ingredients	16 Servings	32 Servings	Directions
Low-fat cottage cheese, 1% Milk Any of following: Onion powder Garlic powder Chili sauce Package dry soup mix Package Ranch Dressing mix	2 cups ¼ cup ½ tsp 1 package	1 qt ½ cup 1 tsp 2 packages	Combine cottage cheese, milk, and your seasoning in a blender or beat until smooth in a bowl. Serve with a tray of vegetables.
Portion size for 3-5 year old: 1/8 cup (2 Tbsp) Each serving provides: ½ oz meat alternate			

Nutrition tip: Cottage cheese is a great source of protein for young children. Make sure you buy a low fat version.

Physical Activity: Play Follow-the-Leader. Include hopping, skipping, and jumping as you move along.

Recipe Source: Montana Child and Adult Care Food Program

Crockpot Cheeseburger Sandwiches



Week 4
Wednesday
Lunch

Ingredients	14 Servings	28 Servings	Directions
Lean ground beef	1 lb + 8oz raw weight	3 lb raw weight	In large skillet, brown ground beef and garlic pepper blend until thoroughly cooked. Drain. In 3 ½ to 4-quart slow cooker, combine cooked ground beef and all remaining ingredients except buns; mix well. Cover, cook on Low for 6-7 hours. To serve, spoon mixture into sandwich buns.
Pepper, black	¼ tsp	½ tsp	
Pasteurized process cheese spread, American	8 oz	1 lb	
Milk, 1% low-fat	2 Tbsp	¼ cup	
Green bell pepper, chopped	1 small	2 small	
Small onion, chopped	1 small	2 small	
Garlic cloves, minced	2 cloves	4 cloves	
Sandwich buns, split	7 each	14 each	
Note: Garlic-pepper blend is a mixture of garlic powder and cracked black pepper.			

Portion size for 3-5 year old: ½ sandwich

Each serving provides: ½ slice bread, 1 ½ oz meat/meat alternate

Nutrition Tip: Rinsing the browned burger in hot water removes some of the fat. If you plan to rinse the burger, season it after it is rinsed.

Physical Activity: Design a balance trail of objects consisting of wooden planks, twisted rope, and taped pathways that spark child's movement and improve balance skills. Tell them to move like a snail while raising arms out to side for balance.

Recipe Source: <http://www.childrensrecipe.com>

Cucumber-Yogurt Dip



Week 5
Tuesday
Snack

Ingredients	14 Servings	28 Servings	Directions
Yogurt, plain, low-fat	2 cup	4 cup	Stir yogurt and cream cheese until smooth. Add remaining ingredients; stir to blend.
Cream cheese, low-fat	8 oz.	16 oz.	
Cucumber, raw, peeled, diced	1 cup	2 cup	
Garlic, fresh, cloves	2 cloves	4 cloves	
Dill weed, fresh or dried	2 Tbsp	4 Tbsp	
Lemon juice, canned/bottled	2 tsp	4 tsp	
Black pepper	1 tsp	2 tsp	
Lemon zest	2 tsp	4 tsp	Serve with raw or blanched vegetables, such as carrots, celery, tomatoes or zucchini.
Optional:			
Cucumber, sliced thin			
Julienne mint leaves			
Portion size for 3-5 year old: 2 oz. or 1/8 cup			
Each serving provides: ¼ oz. meat alternate			

Nutrition Tip: Yogurt provides healthy bacteria to aid in digestion. Plain yogurt has much less sugar than flavored yogurt.

Physical Activity: Build an obstacle course in the yard and practice running, walking, or crawling through it.

Recipe Source: 3-A-Day of Dairy

Easy Winter Fruit Salad

Week 5
Monday
Breakfast

Ingredients	16 Servings	32 Servings	Directions
Canned sliced peaches, light syrup drained	1- 29 oz can	2- 29 oz cans	Cut sliced peaches into smaller chunks. Combine fruit (except bananas) and pie filling and refrigerate. Just before serving, stir in sliced bananas. This salad will keep in the refrigerator.
Canned peach or apricot pie filling	1- 21 oz can	2- 21 oz cans	
Canned pineapple chunks, drained	1- 20 oz can	2- 20 oz cans	
Red or green seedless grapes	1 ½ cup	3 cups	
Large bananas, raw	4 large	8 large	
Portion size for 3-5 year old: ½ cup Each serving provides: ½ cup fruit			

Nutrition Tip: Apricots and peaches are good sources of beta-carotene – important phytochemicals to fight off disease.

Physical Activity: Take a walk after/before lunch around block. Little ones can peddle on their tricycle.

Recipe Source: Team Meals, Iowa Beef Industry Council, Iowa

Finger Pancakes



Week 3
Monday
Snack

Ingredients	15 Servings	30 Servings	Directions
Eggs, whole, fresh Milk 1% Low-fat Flour, all-purpose, white, enriched Salt Baking powder, Double-Acting Sugar, Granulated Powdered sugar as needed	2 egg 3 cup 2 cups ½ tsp 1 tsp 1 tsp	4 eggs 1 qt + 2 cup 4 cups 1 tsp 2 tsp 2 tsp	Beat eggs; add milk. Combine the dry ingredients and sift into egg and milk mixture; mix well. Pour small amount of batter (about 1/8 cup) on hot, greased griddle; spread evenly. When golden brown, turn and brown the other side. When pancake is cooked, sprinkle lightly with powdered sugar. Roll up in jelly roll fashion and eat with fingers.

Portion size for 3-5 year old: 2 small pancakes

Each serving provides: ½ slice bread alterate

Nutrition Tip: Finger pancakes are fun eat and fun to make. Let the children roll their pancakes themselves. Great finger dexterity building!

Physical Activity: Roll down a *gently-sloped* grassy hill. Climb back up and do it again. Do this several times.

Recipe Source: What's Cooking I I

Fruit Jigglers



Week 1
Thursday
Snack

Ingredients	10 Servings	25 Servings	Directions
Small packages of strawberry gelatin Boiling apple juice Sliced strawberries	4 packages 2 ½ cups 2 ½ cups	10 packages (3oz) 1 qt+2 ¼ cup 1 qt+2 ¼ cup	Dissolve gelatin in juice. Puree strawberries in blender and add to gelatin mixture. Whip briefly with egg beater. Pour into 9x13 pan. Chill for almost 3 hours. Cut into squares or with cookie cutters to make fun shapes. Note: Be sure the "scraps" are divided up and served if you use cookie cutters.
Portion size for 3-5 year old: 1/10 of recipe Each serving provides: ½ cup fruit			

Nutrition Tip: Strawberries have Vitamin C to protect your eyes.

Physical Activity: The Tossing Challenge – Give the children a bean bag and let them first toss it as high as they can, but still catching it. Then line them up to see you can toss it the farthest, then on the teacher's command they have to run and retrieve it returning to the same location, repeat.

Recipe Source: The Menu Collection by Child Care Choices, Inc.

Gone Fishin'



Week 2
Friday
Snack

Ingredients	10 Servings	20 Servings	Directions
Pretzel sticks (Hard, plain, salted) Low-fat vanilla yogurt Blue food coloring Cheese crackers (fish shaped)	1 cup 20 oz a few drops 1 ½ cup	2 cups 40 oz a few drops 3 cups	Mix blue food coloring and yogurt. Spread the yogurt mix thick on a plate. Press fish shaped crackers into yogurt/pudding. Use pretzel sticks to scoop up the fish. When you catch one, eat it!
Portion size for 3-5 year old: approx. ¼ cup crackers/pretzels and 2 oz yogurt Each serving provides: ½ slice bread alternate, ½ oz meat alternate			

Nutrition Tip: This activity works best if you make an individual fish bowl for each child. Small paper cups or plates work well.

Physical Activity: Play an old fashioned game of tag, hide and go seek or kick the can!

Recipe Source: Connie Nelson, MT Provider

Granola



Week 3
Wednesday
Snack

Ingredients	12 Servings	24 Servings	Directions
Oatmeal	2 cups dry wt.	1 QT dry wt.	Preheat oven to 250 degrees. In a small saucepan, combine brown sugar, apple juice, oil, honey, salt, cinnamon, and vanilla. Stir well to dissolve sugar. Simmer over medium heat for 5 minutes. Measure oats into a mixing bowl. Pour brown sugar mixture over oats. Toss well to evenly coat. Spread granola evenly on an ungreased cookie sheet. Bake for 60-75 minutes, until granola is crunchy and lightly browned. While granola is hot, add raisins and stir to blend. Cool thoroughly before storing.
Brown sugar	¼ cup packed	½ cup packed	
Apple juice, canned, unsweetened, with Vitamin C	1/3cup+2tsp	¾ cup	
Vegetable Oil	1 Tbsp	1 Tbsp	
Honey	¼ cup	½ cup	
Salt	¼ tsp	½ tsp	
Cinnamon, ground	¾ tsp	½ Tbsp	
Vanilla, extract	¾ tsp	½ Tbsp	
Raisins, seedless	1/3cup+2tsp packed	¾ cup packed	

Portion size for 3-5 year old: ¼ cup

Each serving provides: ½ slice bread alternate

Nutrition Tip: Oatmeal is a whole grain food, important in providing fiber and B Vitamins.

Physical Activity: Play a game of soccer in the backyard or at a local park.

Recipe Source: USDA A Toolkit for Healthy School Meals

Ham and Cheddar Roll-ups



Week 4
Friday
Lunch

Ingredients	8 Servings	16 Servings	Directions
Package of (8) refrigerated Crescent rolls	8 biscuits	16 biscuit	Unroll crescent rolls. Tear along perforations. Place 8 triangles on a lightly greased baking sheet. Spread lightly with mustard. Sprinkle each with cheese and cooked ham. Starting at large end, roll dough toward point. Fold ends in slightly to form "horns". Bake in a 375 degrees F oven for 11 to 13 minutes or until golden.
Prepared mustard, yellow	1 Tbsp + 1 tsp	2 Tbsp+2 tsp	
Cheddar cheese, low-fat, shredded	¼ cup	½ cup	
Ham, deli, finely chopped	4 oz	8 oz	
Portion size for 3-5 year old: 1 Roll-up			
Each serving provides: 1 slice bread alternate, ¾ oz meat/meat alternate			

Nutrition Tip: Try using low fat cheese and low fat crescent rolls in this recipe.

Physical Activity: Practice kicking, throwing, catching, tossing, etc a beach ball or other large soft ball.

Recipe Source: <http://homehearth.virtualave.net>

Healthy Bran Muffins



Week 5
Wednesday
Snack

Ingredients	15 Muffins	30 Muffins	Directions
Brown sugar, packed	½ cup	1 cup	1. Beat sugar, eggs and oil, add milk and pineapple juice, then add pineapple and carrots. 2. Mix dry ingredients in a large bowl. Add wet ingredients to the dry ingredients. Mix until batter is moist. Do not over mix. 3. Bake 375 degrees for 18 to 20 minutes. Fill muffin cups ¾ full. Do not over bake. 4. Put leftover batter in refrigerator and it will keep up to six weeks.
Oil	1/3 c+ 2 tsp	¾ cup	
Eggs	1 lg. egg	2 lg. eggs	
Skim milk	¾ cup	1 ½ cup	
Crushed pineapple, drained (save ¾ cup juice)	5 oz	10 oz	
Whole wheat flour	1 cup	2 cups	
Oat bran	½ cup	1 cup	
Wheat germ	½ cup	1 cup	
Baking soda	1 tsp	2 tsp	
Baking powder	1 tsp	2 tsp	
Cinnamon, ground	½ tsp	1 tsp	
Nutmeg, ground	¼ tsp	½ tsp	
Salt, table	¼ tsp	½ tsp	
Carrots, grated	½ medium	1 medium	
Raisins, packed (soak in hot water and drain)	½ cup	1 cup	

Portion size for 3-5 year old: ½ muffin

Each serving provides: 1 slice of bread alternate

Nutrition tip: The soluble fiber in oat bran and oatmeal may be helpful in reducing blood cholesterol. Foods high in soluble fiber include oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits, strawberries and apple pulp.

Physical Activity: Select a favorite action storybook and inspire child to mimic the actions and expressions of the characters.

Recipe Source: Barbara Oehl

Hens on the Nest



Week 3
Tuesday
Breakfast

Ingredients	10 Servings	25 Servings	Directions
English muffins, plain, enriched and toasted	5 muffins	12 ½ muffins	Scramble eggs. Toast English muffins. Top each English muffin half with scrambled egg. Sprinkle with cheese. Keep warm until service.
Eggs, whole, scrambled	5 lg. eggs	12 ½ lg. eggs	
Cheddar cheese, reduced fat, shredded	5 oz	12 ½ oz	

Portion size for 3-5 year old: one nest (1/2 muffin topped with egg and cheese)

Each serving provides: ½ slice bread alternate, 1 oz meat alternate

Nutrition Tip: Look for English muffins made with whole wheat flour.

Physical Activity: Play musical chairs, but call it "musical nests".

Recipe Source: Kathy Pemberton, Sidney, MT

Homemade Biscuits



Week 2
Thursday
Breakfast

Ingredients	16 Servings	32 Servings	Directions
Enriched, all purpose flour	1 cup	2 cups	In a large bowl, combine flour, baking powder, salt, cream of tartar and sugar. Cut in shortening with a pastry cutter or a fork. Add milk. Stir to soft dough.
Baking powder	2 tsp	4 tsp	
Salt	¼ tsp	½ tsp	
Cream of tartar	¼ tsp	½ tsp	
Sugar	1 tsp	2 tsp	
Vegetable shortening	¼ cup	½ cup	
Low-fat milk	1/3 cup	2/3 cup	
Glaze:			Roll out on floured surface. Use seasonal cookie cutters for special touch. Color the glaze to make festive.
2 Tbsp Butter, melted			
½ tsp Vanilla			
4 Tbsp Milk			
2-3 cups powdered sugar to make glaze consistency			
			Spray baking sheet with nonstick spray. Bake at 450 for 8-10 minutes.

Portion size for 3-5 year old: 1 small biscuit each

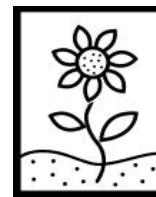
Each serving provides: 1 bread alternate

Nutrition Tip: Children love to help in the kitchen. Let the kids use the cookie cutters to cut the dough into fun shapes.

Physical Activity: Gather kids in a circle and have them take turns leading group stretches and jumping activities.

Recipe Source: Laura England, Kootenai Valley Head Start

Hummus Dip



Week 2
Monday
Lunch

Ingredients	8 Servings	17 Servings	Directions
Chickpeas (canned garbanzo beans) Drained, rinsed well Low-fat plain yogurt Lemon juice Olive oil Hot pepper sauce	1-12.5 oz can 1 cup 1/8 cup 1 ½ tsp 3 drops	2-12.5 oz cans 2 cups ¼ cup 1 Tbsp 6 drops	Blend chickpeas, yogurt, lemon juice, olive oil, and hot sauce in blender until smooth. Serve with fresh vegetables, such as carrot slices or cucumber slices. This can also become a complete lunch by adding fresh fruit, pita bread and milk.
Portion size for 3-5 year old: ½ cup Each serving provides: 1 ½ oz meat alternate			
Nutrition Tip: Canned legumes/beans are great sources of iron. Frequent growth spurts put children at risk for anemia (low iron). Physical Activity: Use sidewalk chalk to draw a hopscotch board on the sidewalk. Recipe Source: MT CACFP Nutrition News			